



## **Gibson County Special School District Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Gibson County Special School District.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Gibson County Special School District that includes:

- School Health Advisory Committee
- Staff Coordinating Council
- Student Led Organization
- Nine Healthy School Teams
- Mini Grant Awards
- Food Backpack Program
- ACES Challenge Course
- School health policies strengthened or approved include the wellness policy, healthy school environment, bullying policy, mental health policy, health services policy, and Student/Family/Community Involvement Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$476,928.00.

Community partnerships have been formed to address school health issues. Current partners include:

- |  |   |
|--|---|
| ➤ Air Evac                               | ➤ Gibson County Advisory Council          |
| ➤ Alliance for a Healthier Generation    | ➤ Gibson County Citizens of Action        |
| ➤ American Cancer Society                | ➤ Gibson County Community Resource Center |
| ➤ American Heart Association             | ➤ Gibson County Chamber of Commerce       |
| ➤ American Lung Association              | ➤ Gibson County Department of Health      |
| ➤ Dale's Recycling                       | ➤ Gibson County Health Council            |
| ➤ Dyer Rescue Squad and First Responders | ➤ Gibson County Imagination Library       |
| ➤ Dyer City Police                       | ➤ Gibson County Inter Agency              |
| ➤ Dyer Fire Department                   | ➤ Gibson County Sheriff's Department      |
| ➤ Dyersburg State Community College      | ➤ Gibson County Emergency Management      |
| ➤ GC Culinary Arts Class                 | ➤ Gibson General Hospital                 |
| ➤ GCSSD 21st Century Learning Center     | ➤ Gibson YMCA                             |
| ➤ Get Fit TN                             | ➤ Herald Gazette                          |

- |   |   |
|---|---|
| ➤ Jackson Sun                             | ➤ Trenton Housing Authority                 |
| ➤ LeBonheur Community Outreach            | ➤ TN National Guard Counter Drug Task Force |
| ➤ Milan Mirror                            | ➤ Tri City Reporter                         |
| ➤ Northwest Council on Children and Youth | ➤ UT Extension/TNCEP                        |
| ➤ Right Choices of West Tennessee         | ➤ Union University                          |
| ➤ Russom Motor and Wrecker Service        | ➤ West Tennessee HealthCare                 |
| ➤ State Farm                              | ➤ West Tennessee Delta Consortium           |
|   | ➤ WLJT Channel 11                           |
|   | ➤ Wolfe Counseling Center                   |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include School Health Advisory Committee, Healthy School Teams, school health screenings, Parent Nights, community events, mock DUI crash, 5K and 10K runs. Currently, 341 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, student led organizations, county wide Mock Crash Drama Team, county wide Teen Action Group, media events, community events, health fairs, mock DUI crash. Approximately 828 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Gibson County Special School District the following health interventions have taken place:

Since 2001, approximately 46,660 School Health Screenings and 12,536 Referrals to Health Care providers have been made;

Students seen by a school nurse and returned to class at a rate of 84.4% of visits;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. In the 2011, the obesity rate is 24%, which is a 3% reduction. The number of students at a healthy weight increased by 2% to 55% in the district. The percent of students at a healthy weight shows variance with a slight increase, while the obese percentage shows a slight decrease. Body Mass Index is a very difficult health indicator to change. It is best used as an indicator for program planning;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include climbing walls, salad bars, comprehensive health education curriculum, physical activity/education curriculum, bullying prevention/intervention curriculum, staff wellness rooms, ropes course, fitness stations for walking trail, and a CSH resource library;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include Laughter Yoga training, suicide intervention/prevention, Sure Sight

training student health screening training, Open Airways curriculum and training, lead poisoning education awareness, staph infection education/Information, standards for Healthful Living Health and Wellness curriculum, Michigan Model comprehensive health education, asthma control training, Second Step curriculum, TN Physical Activity Handbook professional development, tobacco cessation, staff health fair and wellness information, free staff health screenings, Olweus Bullying Prevention curriculum and training, staff in-service & CSH orientation, professional development for physical education Teachers/ TAPHERD Conference, obesity epidemic education, diabetes education/management, self injury/self harm, youth risk behaviors, AED training/certification, CPR certification training, community First Aid, Healthy School Team professional development, School Health Index professional development, child abuse prevention/detection, internet safety, school wellness policy, H1N1 Education, Don't Duck with Mental Health, mental health 101, and human sexuality in special education;

CSH has sponsored attendance at the following conferences: TN School Health Coalition's Fit for the Future Conference, annual school counselors conference, annual TN school nurses conference, TN Association of Physical Education Recreation and Dance, National American School health Association Conference, National School Based Health Clinic Conference, grant writing training, Olweus Bullying Prevention Conference, Safe Dates Conference-Office of Safe and Drug Free Schools, healthy schools conference through the Alliance for a Healthier Generation, and meeting the needs of special education students in human sexuality education;

School faculty and staff have received support for their own well-being through staff wellness rooms, stress management programs, YMCA discounts, free health screenings, health fairs, and flu vaccines.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions include -- health teacher, comprehensive health education curriculum, health screenings, dental health screenings, Registered Dietician service and flu vaccines;
- Physical Education/Physical Activity interventions include Take 10! curriculum, physical education equipment, Wii Fit, physical activity tapes, Dance Dance Revolution, Ropes Course activity, Walking Works for Schools, and the 90 minute physical activity law;
- Nutrition Interventions include salad bars, nutrition newsletter monthly, pre-school parent meeting, Power U program, Better Me program, More Matters, and "Fruits and Veggies"
- Mental Health/Behavioral Health Interventions include mental health 101, MOUs with community mental health agencies, Don't Duck with Mental Health, and Second Step curriculum.

Gibson County Special School District is one of three districts, nationally, that has been selected by an expert panel at CDC as an outstanding Coordinated School Health Program to be used as a model. This was the only CSH program in Tennessee to be selected.

The Gibson County Special School District's Coordinated School health Program was featured by Nashville Public Television (NPT) in the fourth documentary of the NPT reports: Children's Health Crisis Series. NPT featured Coordinated School health because NPT recognizes that CSH reflects a broad effort to change a culture of health for a diverse population with all the complexities of need that includes. The documentary described the elements of health that Coordinated School Health addresses and what it means to change a culture of health through education.

The CSH Coordinator co-authored an article about the CSH program model for the Educational Leadership Journal. The issue was published in the Dec 09/Jan 10 issue.

CSH coordinated with WLJT TV 11 to record the Gibson County High School's Mock DUI Crash that has aired as a documentary since April 2010. This documentary is airing on Channel 11, Public Broadcasting Station.

In such a short time, CSH in the Gibson County Special School District has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Kellie Carroll  
731-692-3303 x1